

*Better health begins with nature*



## Grain Free Apple Porridge

### Ingredients

- 2 celery stalks (chop & remove leaves)
- 2 apples cored (leave peel on)
- ¼ cup dried fruit (raisins, prunes, dates)
- 2 tablespoons of ground flax seeds
- ½ to 1 teaspoon of cinnamon powder
- 1 tablespoon of nut butter (e.g., almond butter)
- ¾ to 1 cup of water (hot)
- Assorted nuts or shredded coconut for topping

### Instructions

- 1.** Put celery, apples, dried fruit, flax seeds, cinnamon and nut butter in the blender.
- 2.** Pulse gently to coarsely chop.
- 3.** Add hot water, careful if you have a blender that doesn't vent. Vent the lid so the steam can escape and continue pulsing until you have the consistency you desire.
- 4.** Top with Nuts, shredded coconut or any other toppings.
- 5.** Enjoy!!

Recipe Source: adapted from Caroline Dupont Deep Healing Recipes

